

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

A Collaboration of Harvard T.H. Chan School of Public Health and Boston Children's Hospital

Newsletter Fall 2015

From the Director



S. Bryn Austin, ScD

Of late, I've found myself intrigued by social entrepreneurs. How are their strategies for the business world similar to the ideas and perspectives of public health that STRIPED draws from?

Initially, it seemed to me, we have nothing in common in terms of the focus on consumer markets, which is the sine qua non of social entrepreneurial endeavors. Still, I wanted to learn more, so I picked up *Rippling: How Social Entrepreneurs Spread Innovation Throughout the World* by Beverly Schwartz and was more than a little surprised by just how much we share. Schwartz writes that social entrepreneurs:

- "Confront difficult issues and actively pursue a more just, secure, and sustainable world";
- Strive to create an "action accelerator for an alternative future";
- "Must understand and often alter the social system that creates and sustains the problems in the first place.... Looking *upstream* toward solving the root cause of a problem is far more sustainable than looking downstream and trying to put a patch on an outcome."

All of these qualities could just as easily describe STRIPED. And the funny thing is that the more we look upstream for solutions, the more we find ourselves face to face with the same consumer markets that social entrepreneurs have set their sights on. For

us, these include the markets for diet pills, laxatives, supplements, cosmetic surgery, "fitness," fashion, media, and many more.

Our quest for upstream targets has inspired many interwoven STRIPED projects:

- Our legal research study on what states must do to better protect youth from weight-loss and muscle-building dietary supplements led directly to our new bill in Massachusetts' State Legislature (p. 3)
- Our recent practicum on motivating corporate social responsibility (CSR) in the supplements industry was the basis for our new teaching case on CSR skills that every public health student needs (p. 4)
- Our recent legal study uncovering ways that U.S. occupational health laws could and should be applied to the fashion industry inspired our planned policy evaluation of a new French law to protect the health and safety of fashion models (p. 2)

So the truth is STRIPED does aim for major overhaul of the consumer world, even if we are not selling products like many social entrepreneurs. But our most profound common goal? A more just, secure, and sustainable world.

With gratitude,

S. Bryn Austin, ScD

What Our Trainees Say About STRIPED



Anvita Kulkarni

“ I enjoyed working as a STRIPED trainee because it offered me a lot of valuable mentorship and exposed me to translational research.

Through my work with STRIPED, I was able to meet people in a variety of fields that I am also interested in. I learned how these different spheres intersect and how I can get involved with my own work. ”



Kate Makaroff

“ STRIPED and everyone involved is truly making a difference in the prevention of eating disorders. My training via STRIPED will inform my career aspirations in medicine and health policy through a greater understanding of interdisciplinary approaches to addressing and solving difficult health issues. ”

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Spotlight on STRIPED Alumni: Bringing New Ideas to Eating Disorders Prevention From Coast to Coast



Bernice Garnett, ScD, MPH

Bernice Garnett is Assistant Professor in the Department of Education at the University of Vermont. During her time with STRIPED,

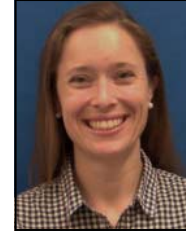
Bernice played a crucial role in crafting our teaching case on weight-related cyberbullying. She now uses the teaching case in a new course she created for undergraduate students at the University of Vermont on weight-based bullying and weight stigma. In her new research, she is studying safe and effective strategies for weight communication with pediatric patients and their families and working to engage students in eating disorders prevention.



Monica Wang, ScD, MS

Monica Wang is Assistant Professor in the Department of Community Health Sciences at the Boston University School of Public Health. Her

training through STRIPED allowed her to explore racial/ethnic health disparities in disordered weight control behaviors and obesity among youth in Massachusetts middle schools. Now, in addition to teaching public health students at Boston University, her current work focuses on developing intervention strategies to reduce unhealthy eating behaviors among underserved children and families around the state and beyond.



Emily Kroshus, ScD, MPH

Emily Kroshus is Assistant Professor in the Department of Pediatrics at University of Washington. This past year,

she melded postdoctoral fellowships with the National Collegiate Athletics Association and STRIPED to spearhead development of our new teaching case on eating disorders prevention for college athletes. At the University of Washington, she will continue to build on her STRIPED research to identify key leverage points for intervention to reduce the risk of disordered eating in sport settings in both high schools and colleges.

STRIPED Projects Raise Bar on Screenings & Style

Cost effectiveness of clinic-based screening in primary care



Davene Wright, PhD

The economic cost is high for eating disorders and associated psychiatric and physical health problems. With early identification of symptoms and timely treatment of eating disorders, we can stop the progression of the illness and decrease the economic and health

burden for individuals and their families. Building on her prior STRIPED study estimating cost effectiveness of universal school-based screening for eating disorders, STRIPED Collaborating Mentor Davene Wright is now leading a new team along with Collaborating Mentor Michael Long and Brown University public health student Esther Li, who has a background in nutritional sciences, to carry out a new cost-effectiveness pilot study of universal clinic-based screening in adolescent primary care.

Could a new French law make work safer for fashion models?

Long known for setting the bar for fashion's haute couture, France set a new bar in 2015 for holding employers accountable for their role in driving the BMIs of professional models down to dangerously low levels. Under a new national law imposing steep fines and jail time, employers may find

themselves behind bars if they don't comply with requirements aimed at creating safer working conditions for models, many of whom are teen girls and young women. The new law has created a so-called natural experiment for policy change research that STRIPED aims to leverage. Building on our prior legal study of the fashion industry and teaming up with Northeastern University's Rachel Rodgers and collaborators in France, we are in the early stages of designing a transatlantic evaluation study. Will the new law achieve French lawmakers' lofty goal to improve occupational safety for models? *À suivre...*



Rachel Rodgers, PhD



Elizabeth Cheever

Elizabeth Cheever, master's degree student at the Harvard Chan School, is combining her interests in adolescents and nutrition with her statistical prowess as a computational biology concentrator for her STRIPED practicum, "Improving Adolescent

Primary Care Screening for Eating Disorders." Mentored by STRIPED faculty Dr. Holly Gooding, Elizabeth is helping the study team compare effectiveness of two approaches to training physicians to recognize early signs of eating disorders. The team hopes to figure out the best way to educate primary care physicians to do a better job of helping youth access treatment at the first sign of need.

STRIPED Scholars Focus on Schools and State Legislators

Erica Kenney, ScD, MPH



Erica Kenney, ScD, MPH

With a STRIPED post-doctoral research award, I was able to expand my research to observe the potential impact of weight-related stigma and discrimination on academic opportunities afforded to American children and youth. I wanted to investigate if the gap between grades and test scores could be attributed to something harmful about school environments. The worry is that students perceived as heavier would be less likely to engage in school because of a stigmatizing environment. Through STRIPED, I mentored Morgan Redman, a master's student at the Harvard Chan

School. We conducted a qualitative research study, interviewing 22 teachers in primary and secondary schools from across the country about their perceptions of the school experiences of heavier students and how issues surrounding body weight, body image, and school climate can impact those experiences. We hope our findings can raise awareness about the ways in

Impact of Weight Stigma and Discrimination on Academic Opportunities

which school climate and teacher attitudes can help or harm students who may be struggling with weight or body image issues. Ultimately, we hope to identify possible solutions and strategies for improving the academic experience for students of all sizes.

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Alvin Tran, MPH



Alvin Tran, MPH

STRIPED's New Policy Translation Practicum gave me the opportunity to combine my academic studies in public health nutrition and social and behavioral sciences with state-level policy advocacy. Since the spring of 2015, I have worked closely with experts from STRIPED and various community organizations to develop a strategic lobbying effort to catalyze the Massachusetts state government to take

I am excited that Massachusetts State Rep. Kay Khan (D-Newton) introduced a bill to the Massachusetts House of Representatives earlier this year that was based on STRIPED legal research. If enacted into law, the bill, MA House Bill No. 3471, would further regulate the sale and display of dietary supplements for weight loss or muscle building. Working with Rep. Khan, STRIPED, and our community partners, the Multi-Service

Legislative Advocacy to Protect Youth From Harmful Supplements

Eating Disorders Association and National Eating Disorders Association, I will help organize a legislative briefing and advocate lobby day at the State House to garner support for our bill. Strengthening regulation of such dangerous products at the state level will have a positive impact on youth and other vulnerable populations. *Learn more about the bill, "An act regulating the sale of dietary supplements for weight loss or muscle building," at: <https://malegislature.gov/Bills/189/House/H3471>.*

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Thank you, Funders!

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Debra Franko, PhD

Dianne Neumark-Sztainer, PhD

Susan Paxton, PhD

The Ellen Feldberg Gordon STRIPED Challenge Campaign

Longtime friend of STRIPED, Ellen Feldberg Gordon of Newport Beach, CA, will match every dollar donated to STRIPED up to **\$100,000**. That means your gift, of any amount, will be doubled!

Philanthropy is critical to STRIPED. Private contributions directly support:

- Student financial aid and research grants
- Pioneering research in eating disorders prevention and adolescent health
- Events and advocacy to raise awareness about dangerous weight and shape control behaviors
- Case studies to be used to teach thousands of public health students and medical professionals around the world



Ellen Feldberg Gordon

STRIPED is deeply grateful to Ellen for this wonderful opportunity and asks the STRIPED community to help us reach our **\$100,000 goal**. To make a gift, visit <http://bit.ly/STRIPEDGift> or contact Mike McNally, Deputy Vice Dean for External Relations, at 617-432-8448.

The Power of Philanthropy to Support Student Training



Amy Brunner, MEd

Having a strong background in teaching and education, Amy Brunner, a master's degree student at the Harvard Graduate School of Education, joined the STRIPED team to develop a prototype for converting the STRIPED teaching cases into e-learning modules. With the support of her mentors Dr. Austin and Dr. Gooding, Amy hopes the prototype she helped create will improve learners' access to STRIPED teaching cases across different educational settings and help STRIPED engage more students in team-based problem solving of current, real-world dilemmas in eating disorders prevention.

“ My project is an opportunity to expand the reach and impact of the STRIPED teaching cases, which are an incredibly valuable learning resource for public health students and professionals. As a student, it has been exciting to explore the world of online learning and how it can apply to eating disorders prevention. ”

Amy was able to pursue her passion for education and eating disorders prevention through a student stipend made possible by the EFG Challenge Fund.



Ryan Huerto, MEd

With several years of medical school under his belt and a master's degree in education, Ryan Huerto joined the STRIPED team as a master's of public health student at the Harvard Chan School. Under the direction of Dr. Austin and Dr. Christina Roberto, Ryan collaborated with classmate Anvita Kulkarni to develop a strategic plan to catalyze corporate social responsibility (CSR) to address the sale of harmful dietary supplements marketed for weight loss and muscle building. He hopes that by increasing CSR he can help protect young people from dangerous supplements.

“ I have witnessed the impact of marketing on marginalized communities and am frustrated that many healthcare and public health practitioners blame the individual rather than acknowledge structural issues influencing an individual's health behaviors. Increasing corporate social responsibility is a way to address health inequities. ”

Thanks to the support of the EFG Challenge Fund, Ryan was able to pursue his interest in protecting marginalized youth from unhealthy and harmful consumer products.

Check out our website at www.hsph.harvard.edu/striped
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